



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Uni1 – Anatomy & Physiology	Uni1 – Anatomy & Physiology	Unit 3 – Professional development in the sports industry	Unit 3 – Professional development in the sports industry	Unit 2- Fitness Training & Programming For Health, Sport & Wellbeing	Unit 2- Fitness Training & Programming For Health, Sport & Wellbeing
Content	<p>A The effects of exercise and sports performance on the skeletal system</p> <p>B The effects of exercise and sports performance on the muscular system</p> <p>C The effects of exercise and sports performance on the respiratory system</p> <p>D The effects of sport and exercise performance on the cardiovascular system</p> <p>E The effects of exercise and sports performance on the energy systems</p>	<p>A The effects of exercise and sports performance on the skeletal system</p> <p>B The effects of exercise and sports performance on the muscular system</p> <p>C The effects of exercise and sports performance on the respiratory system</p> <p>D The effects of sport and exercise performance on the cardiovascular system</p> <p>E The effects of exercise and sports performance on the energy systems</p>	<p>A Understand the career and job opportunities in the sports Industry</p> <p>B Explore own skills using a skills audit to inform a career development action plan</p> <p>C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>D: Reflect on the recruitment and selection process and your individual performance</p>	<p>A Understand the career and job opportunities in the sports Industry</p> <p>B Explore own skills using a skills audit to inform a career development action plan</p> <p>C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>D: Reflect on the recruitment and selection process and your individual performance</p>	<p>A Examine lifestyle factors and their effect on health and well-being</p> <p>B Understand the screening processes for training programming</p> <p>C Understand programme-related nutritional needs</p> <p>D Examine training methods for different components of fitness</p> <p>E Understand training programme design</p>	<p>A Examine lifestyle factors and their effect on health and well-being</p> <p>B Understand the screening processes for training programming</p> <p>C Understand programme-related nutritional needs</p> <p>D Examine training methods for different components of fitness</p> <p>E Understand training programme design</p>
	Link from Body systems in KS4 sport	Link from Body systems in KS4	Links to Gatsby benchmarks on	Links to Gatsby benchmarks	Links to methods of training fitness	Links to methods of training



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Unit 2: Taking Part and Improving Other Participants Sporting Performance	Unit 2: Taking Part and Improving Other Participants Sporting Performance	Unit 5: Application of Fitness Testing	Unit 5: Application of Fitness Testing	Unit 5: Application of Fitness Testing	
Content	<p>A Examine lifestyle factors and their effect on health and well-being</p> <p>B Understand the screening processes for training programming</p> <p>C Understand programme-related nutritional needs</p> <p>D Examine training methods for different components of fitness</p> <p>E Understand training programme design</p>	<p>A Examine lifestyle factors and their effect on health and well-being</p> <p>B Understand the screening processes for training programming</p> <p>C Understand programme-related nutritional needs</p> <p>D Examine training methods for different components of fitness</p> <p>E Understand training programme design</p>	<p>A: Understand the principles of fitness testing</p> <p>B: Explore fitness tests for different components of fitness</p> <p>C: Undertake evaluation and feedback of fitness test results</p>	<p>A: Understand the principles of fitness testing</p> <p>B: Explore fitness tests for different components of fitness</p> <p>C: Undertake evaluation and feedback of fitness test results</p>	<p>A: Understand the principles of fitness testing</p> <p>B: Explore fitness tests for different components of fitness</p> <p>C: Undertake evaluation and feedback of fitness test results</p>	
Rationale/ Linking	Links to methods of training, fitness testing and principles of training in KS4. Builds on unit 1	Links to methods of training, fitness testing and principles of training in KS4. Builds on unit 1	Links to methods of training, fitness testing and principles of training in KS4. Builds on unit 2	Links to methods of training, fitness testing and principles of training in KS4. Builds on unit 2	Links to methods of training, fitness testing and principles of training in KS4. Builds on unit 2	